

UKA RULES FOR COMPETITION 2020 - 2022

Structure and Rule Changes

A New Look for UKA Rules

The 2016 - 2018 UKA Rule Book was the first to adopt the IAAF (now World Athletics) format for Rules for Competition. This was achieved by incorporating into the IAAF rule book, as Supplementary Rules to the equivalent IAAF Rule, those additional rules that apply in the UK. This policy has been continued in this 2020 - 2022 Rule Book, although, as World Athletics has now adopted a completely new structure for its rule book, you will note significant differences in format to what has gone before.

The main differences that you will find are:

- Rules have been divided into sections relating to Competition and Technical Rules and renumbered from 1 in each section.
- World Athletics has removed some rules and included them in other sections that are published separately. Where such rules apply to competition in the UK, we have placed them in a UK General section, which follows the Competition and Technical sections. The full set of World Athletics rules can be found <https://www.worldathletics.org/about-iaaf/documents/technical-information> - Manuals and Guidelines.
- The UKA Rule Book includes a table of Rule numbers which follows the introductory pages and shows the former numbers cross referenced to the new numbers in their respective Competition, Technical and General sections.
- World Athletics continue to omit an index, but, to assist the user in finding the appropriate Rule or UKA Supplement, we have included an expanded index at the back of the Rule Book, using the new Rule numbers (prefixed with a "C" for Competition Rules, a "T" for Technical Rules and a "G" for General Rules).
- Lines down the side of a page indicate where Rule changes have been made.
- Appendices:
 - Appendix 1 – Ultra Rules have been incorporated into Rule G9;
 - the two Officials' Appendices 2 and 3 have been removed from the Rule Book and are under review. When completed they will be located at <https://www.uka.org.uk/competitions/rules/>
- Appendix 4 – Endurance Running – as in the previous edition (save where specifically indicated). For ease of reference, the appendices titles have been retained in their original format for the period of this edition of the Rule Book.



REGISTERED OFFICE:

UK Athletics Limited | Athletics House | Alexander Stadium | Walsall Road | Perry Barr | Birmingham | B42 2BE

Tel: 0121 713 8400 | Fax: 0121 713 8452 | britishathletics.org.uk

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Other Points

- Competition Providers may include cross references to UKA Rules in their local rules and conditions – they will need reviewing.
- The World Athletics rule change on shoes arrived too late for inclusion in the UKA book. The full version is available in World Athletics Technical Rules online at <https://www.worldathletics.org/about-iaaf/documents/technical-information> and an extract is available at <https://www.uka.org.uk/competitions/rules/>
- An additional paper summarises the changes made to World Athletics Rules

UKA Supplement Rule Changes

This is not an exclusive list of all changes – a small number are not included as they apply to minor technicalities, such as submitting results of licensed events.

Changes to World Athletics Rules are summarised in a World Athletics document that has been issued to all Technical Officials and copies are available from rules@uka.org.uk.

Old Rule Ref	New Rule Ref	Change
2 S2(3)	C1 S2(3)	For Cross country events where a National Association has a registration scheme that does not require club membership, then athletes registered only with the National Association will not be liable to pay an additional fee or are eligible for the appropriate discount.
21 S1(vi)	G2 S1(vi)	Fell, Hill and Mountain Athletes who are first-claim members of an affiliated fell club and either registered with their National Association or their National Committee are eligible to count in fell-running team competitions for that club.
21 S3(4) 21 S5(5)	G2 S3(4) G2 S5(5)	Higher Competition and Foreign Athlete registration fees are only payable in the first year of registration.
21 S4 (4)	G2 S4 (4)	Change to process for approval of Composite Teams
21 S6(2)(c)	G2 S6(2)(c)	The restriction that athletes may not compete in the Championships of more than one English Area (Midlands, Northern and Southern) in any nine month period has been relaxed to apply only to events within the same discipline.



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Old Rule Ref	New Rule Ref	Change
21 S9(6)(iii)	G2 S9(6)(iii)	When transponders are used to record times in road races, the gun times should take priority in deciding team positions but when wave starts are used then transponder times may be used.
Appendix 1	G9	Changes to Ultra Distances for which records are recognised. Maximum number of starters for events over 30 miles increased from 40 to 60.
121-124, 126-131 and 133-135	C14-17, 19-24 and 26-28	WA / IAAF Rules relating to duties of officials that had previously excluded from the UKA Rule Book have now been included in the interests of completeness. In addition, as explained above, Appendices 2 and 3 (re Officials' Pathway and Duties / Appointments have now been removed and can be found on the UKA website.
141 S1	T3 S1	The Competition Year for Fell, Hill and Mountain Events will be from 1 January to 31 December each year (previously from 1 st October to 30 th September).
141 S1	T3 S1	The Competition Year for Cross Country will be from 1st September to 31st August (previously from 1 st October to 30 th September).
142.4(c)	T4.4.3	Note added to explain that this rule (not competing with bona fide effort) is not grounds for disqualification from the event in which that was judged to be the case, and that it is not intended to prevent participation in further events at the same meeting at local and league competitions.
143.2	T5.2	World Athletics amended the rules relating to Shoes after the book went to print. These rules will apply to competitions in the UK and it is not planned to add a UKA Supplement. A copy of the rule will be posted on the UKA website.
143 S1(2)(i)	T5 S1(2)	The dimensions for sponsors' logos are increased to 80 sq cms, lettering max. height 8 cms, logo max. height 10 cms.
143 S1(5)(i)	T5 S1(5)	Club name lettering maximum height is increased to 8cms.
143 S1(5)(ii)	T5 S1(5)	The dimensions of a single trademark of a kit manufacturer on upper body attire is increased to 30 sq cms with maximum letter height 5cms and logo 6cms. Logo may appear on the back and front. The printing of website addresses on vests is not permitted.


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Old Rule Ref	New Rule Ref	Change
163 S1	T17 S1	Running on the Line: The Referee's discretion to choose not to disqualify athletes under Rules 17.3.1 or 17.3.2 if the infringement is considered to be insignificant is now only applicable to the U17, U15 and U13 age groups. The table intended to give guidance as to the advantage gained has been removed.
169 S1(1)	T23.5 (new note) and T23 S1	A new steeplechase hurdle height for U17 Men of 0.838m, in order to give consistency with the WA/IAAF height for U18 men. Note that as this will require modification of hurdles at most facilities the change will not come into force until 1 st April 2021.
182 S1	T27.10	Relaxation of Rule to allow minimum depth of High Jump bed to be 0.6m now removed (0.7m minimum now applies)
183.12	T28.12 (new note)	Clarification that Pole Vault landing area of 5m long (excluding the front pieces) x 5m wide x 0.8m high is acceptable
189 S1	T34 S1	Diameter / thickness of 1.5kg Discus brought into line with WA / IAAF specifications (which have not changed)
190 S1	T35 S1	New supplement giving confirmation of guidance from UKA website that pre-2019 UKA specification Discus only cages are no longer acceptable.
192 S1 and S2	T37 S1 and S2	Previous UKA Supplements extensively revised to reflect new UKA cage specifications given on UKA website in November 2018 and new cage diagrams inserted showing modified UKA specification cages.
193 S1	T38 S1	Specifications for 700g and 500g javelins brought into line with WA / IAAF specifications (which have not changed)
200	T39 S1(7)	A new UKA rule for scoring Combined Event competitions for all age groups; the World Athletics practice of adjusting times by 0.24 secs and 0.14 secs should not be applied to manual times at Combined Events competitions.
240 and Appendix 4	T55 S6	A new UKA Supplement introducing conditions for pushed wheelchairs and buggies and participation in races held on roads open to traffic with explanatory guidance in Appendix 4.
Appendix 4	Appendix 4	Further clarification re Mass Participation Races, including parkrun and Fun Runs.

UKA Rules Group
March 2020



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